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What is a soul? It is applied to...

• music

• food

• relationships

"People think a soul mate is your perfect fit, and that's what everyone wants. But a true soul mate is a mirror, the person who shows you everything that is holding you back, the person who brings you to your own attention so you can change your life.

A true soul mate is probably the most important person you'll ever meet,

because they tear down your walls and smack you awake. A soul mate's purpose is to shake you up, tear apart your ego a little bit, show you your obstacles and addictions, break your heart open so new light can get in, make you so out of control that you have to transform your life..."

—Elizabeth Gilbert



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: the spiritual part of a person that is believed to give life to the body and in many religions is believed to live forever: a person's deeply felt moral and emotional nature: the ability of a person to feel kindness and sympathy for others, to appreciate beauty and art, etc. —Webster Miriam Dictionary

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"From birth to our final resting place, the soul is our earliest companion and ultimate concern."

—John Ortberg, Soul-Keeping

³⁶For what does it profit a man to gain the whole world and forfeit his soul? ³⁷For what can a man give in return for his soul?

—Mark 8:36-37 ESV

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Then the LORD God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature.—Genesis 2:7 ESV

"You are not just a self, you are a soul... You're a soul made by God, made for God, and made to need God, which means you were not made to be self-sufficient."

—Dallas Williard

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Your soul is the internal "Operating System" of your life. "What is running your life at any given moment is your soul. Not external circumstances, not your thoughts, not even your feelings, but your soul. The soul is that aspect of your whole being that correlates, integrates, and enlivens everything going on in the various dimension of the self.

The soul is the life center of human beings."

—Dallas Willard

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"If your soul is healthy,
no external circumstance can
destroy your life. If your soul is
unhealthy, no external circumstance
can redeem your life."
—Dallas Willard



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